

PLASTIC SWAPS: Ideas for living a life less plastic.



Frederick County Division of Solid Waste and Recycling

☎ 301-600-2960 ✉ recycle@FrederickCountyMD.gov 🌐 [Facebook.com/FrederickRecycles](https://www.facebook.com/FrederickRecycles)

SIMPLE SWAPS Looking for ways to start reducing your household or personal use of plastic? Here are some suggestions for items that have replacements with less packaging, more durability, and little or no plastic.

On-The-Go Items: The hardest part? Remembering to bring your reusable items along to replace single-use disposable plastics. Keep a few steel straws and reusable forks in your glove box, and some reusable bags in your trunk!



Shopping Bags



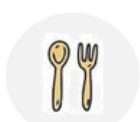
Produce Bags



Straws



Bottles



Cutlery



Takeout containers

Kitchen Items: Decide which items you can live without and which you can reduce use of. Refillable, reusable and sturdy products not only conserve resources and create less waste, but also are more economical in the long run.



Storage Bags



Storage Containers



Coffee & Tea



Cling Wrap



Sponges



Loose Produce



DIY cleaning products



Buy in Bulk

Bath Items: It's not just the product, packaging can be wasteful too. Switching from liquid soap/shampoo to a dry bar eliminates lots of plastic bottles. A refillable soap dispenser reduces packaging *and* spending. Reusable, washable products conserve resources over their entire lifetime. Some of these swaps may seem challenging...Remember, the planet doesn't need a few people to be perfectly zero waste, it needs all of us to waste a little less.



Toothpaste



Compostable floss



Cotton swabs



Shower gel



Makeup remover pads



Razors & Toothbrushes



Hand soap



Refillable Makeup



Shampoo



Loofah



Feminine Products



Deodorant



Counter Wipes



Bidet, cloth wipes

Household Items: Plastic is in unexpected places- from the fabrics we wear, to the receipts for our purchases. Changing the way we shop, clean or think about convenience (and its long-term costs) can help reduce our use of plastic.



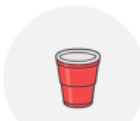
Dryer balls



Natural fabrics



Choose better packaging



Party Ware



Wrapping paper



Make your own snacks



Shop local, shop in season



PLASTIC PROBLEMS

- Only 9% of *all* plastics EVER produced have been recycled.
- Plastic production is increasing exponentially and is the single largest growth sector for the petroleum industry. Half of all plastics ever made were produced in just the last 15 years.
- Single-use items account for 40% of all plastics produced annually.
- While a plastic bag or fork may only be used for minutes, it will persist in the environment for... no one actually knows how long.
- Plastic polymers do not exist in nature. They are a man-made material that cannot biodegrade. Plastics eventually fragment into smaller and smaller particles (microplastics), but they retain their polymer structure.
- Around 9 million tons of plastic waste ends up in oceans annually.
- Microplastics in the environment harm ecosystems and food chains. Many plastics absorb other toxins present in soil or water. Wildlife often mistake plastic fragments as a food source.
- Humans ingest plastic through food and drinking water. Even manufactured drinks, such as beer, have been tested and found to contain microplastics.

Source: National Geographic's Series of articles on "Planet or Plastic?" All may be read online at:

www.nationalgeographic.com/environment/topic/planetorplastic

